

Household Commodity Fact Sheet

**FLOUR, ALL-PURPOSE, ENRICHED**

Date: April 2009

Code: B182

PRODUCT DESCRIPTION

- All-purpose flour is made from U.S. No. 2 or better bleached or unbleached ground wheat. It has added niacin, thiamin, riboflavin, iron, and folic acid, and may also have added calcium.

PACK/YIELD

- All-purpose flour is packed in 5-pound packages, which is about 19 cups of flour.

STORAGE

- Store unopened packages of all purpose flour in a cool, clean, dry place.
- After opening, keep package tightly closed.
- All purpose flour may be stored in the refrigerator in an air tight container not made from metal.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Use all-purpose flour to make a variety of baked goods such as muffins, breads, cakes, cookies, and dumplings.
- All-purpose flour can be used as a thickener for soups, sauces, and gravies.

NUTRITION INFORMATION

- $\frac{1}{4}$ cup of all-purpose flour counts as 1 ounce in the MyPyramid.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTSServing size: $\frac{1}{4}$ cup (30g) enriched all-purpose flour**Amount Per Serving**

Calories	110	Calories from Fat	0
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% Daily Value*

Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 3g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet.

BASIC CHEESE SAUCE

MAKES ABOUT 8 SERVINGS

Ingredients

- 4 tablespoons margarine
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 2 cups low-fat milk (or ⅔ cup nonfat dry milk mixed with 2 cups water)
- 1 ½ cups reduced fat cheddar cheese, shredded or American cheese, cut into small pieces

Directions

1. Melt margarine in a saucepan.
2. Stir in flour and salt and black pepper and mix well until smooth.
3. Remove from heat, and stir in milk, a little at a time, until all the milk has been added.
4. Cook over medium heat, stirring frequently, until boiling and thickened, about 10 minutes.
5. Remove from heat and stir in cheese until melted.

Tip

Serve this basic sauce over cooked spaghetti or macaroni, or use it as a dipping sauce for vegetables like steamed broccoli or potato wedges.

Nutritional Information for 1 serving (about ⅓ cup) of Basic Cheese Sauce

Calories	150	Cholesterol	20 mg	Sugar	3 g	Vitamin C	0 mg
Calories from Fat	90	Sodium	260 mg	Protein	8 g	Calcium	268 mg
Total Fat	11 g	Total Carbohydrate	6 g	Vitamin A	125 RAE	Iron	0 mg
Saturated Fat	4.5 g	Dietary Fiber	0 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.

CEREAL MUFFINS

MAKES ABOUT 12 SERVINGS

Ingredients

- Nonstick cooking spray
- 2 cups bran flakes cereal (or corn flakes cereal)
- ⅓ cup nonfat dry milk
- 1 cup water
- 1 ¼ cups all-purpose flour
- 1 tablespoon baking powder
- ¼ teaspoon salt
- 1 egg
- ½ cup applesauce
- ⅓ cup sugar
- 1 teaspoon cinnamon
- 2 tablespoons margarine, melted

Directions

1. Preheat oven to 400 degrees F. Spray a muffin pan with nonstick cooking spray.
2. In a small bowl, combine cereal, milk, and water. Let sit for 5 minutes or until soft.
3. Place flour, baking powder, and salt in a large bowl. Stir in egg, applesauce, brown sugar, cinnamon, margarine, and cereal mixture until well mixed.
4. Spoon batter into muffin cups.
5. Bake for 20 minutes or until muffins are browned and toothpick or fork inserted into the center comes out clean.

Nutritional Information for 1 serving (about 1 muffin) of Cereal Muffins

Calories	160	Cholesterol	20 mg	Sugar	12 g	Vitamin C	3 mg
Calories from Fat	20	Sodium	230 mg	Protein	6 g	Calcium	210 mg
Total Fat	2.5 g	Total Carbohydrate	28 g	Vitamin A	140 RAE	Iron	3 mg
Saturated Fat	1 g	Dietary Fiber	2 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfpcentral.org.